

Creamed Greens

The beauty of this recipe is you can use any greens in your bag for the week! Low in calories and full of flavor!

Ingredients:

Greens in your weekly bag, triple washed and chopped (we used radish tops, beet tops and rainbow chard)

2 tsp butter
1/2 onion, chopped
2 tsp garlic powder
1 TBS flour
1 c fat free half and half
4 ounces light cream cheese
2 tsp Aleppo pepper
1 tsp umami powder
2 TBS Parmesan
Salt and pepper to taste

Directions:

Place greens in pot. Greens should have a little liquid from rinsing clinging to the leaves. Place lid on pot and steam over medium high heat, stirring occasionally until greens are soft and tender. 5-8 minutes.

Remove greens and put in colander to allow greens to drain juices and dry. Make sure to squeeze as much liquid out of the greens before the next step.

Meanwhile, in same pot, add butter and onion and sweat over medium heat until translucent. Sprinkle flour over onions until flour is absorbed. Add all other ingredients and allow sauce to come to a simmer and thicken. Toss in greens and make sure they are well coated. Serve warm.